

New Cooking Classes!

Join Chef Cecilia Garza Ruiz as she takes you on a culinary adventure. You will learn how to cook like the pros while having fun. Chef Cecilia has over 10 years experience in some of the best restaurants in the Bay. Her vivacious personality has led her to numerous TV appearances cooking on ABC, NBC and the Food Network. Bon appétit!



Classes will include:

Soups and Stews

3/9 or 3/23

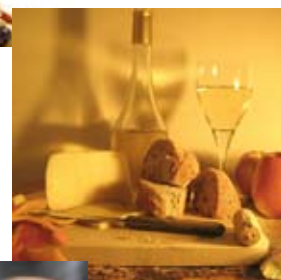
Long Live the Mediterranean Diet!

3/11 or 3/25

Tapas, Hors D'oeuvres, Amuse Bouche

3/30 or 4/6

See back of flyer for class descriptions.



Soups and Stews

Tuesdays, 3/9/10 (Class #546707.S1) or 3/23/10 (Class #546707.S2) - 6-9 pm
\$50 Res. / \$55 Non Res.

This time of year, nothing warms you up like a steamy bowl of homemade soup or hearty stew. Chef Cecilia will show you how easy it is to simmer your way to delicious flavor and comforting meals. You'll leave this class with new skills and great recipes to satisfy your friends and family. In each 1-day class, you will learn how to prepare different types of soups which will include a broth, cream, chowder and stew. Take one or both classes. You will learn how to prepare different soups in each class. A non-refundable material fee of \$15 is payable to the instructor in class. For safety, closed toe shoes required.



Long Live the Mediterranean Diet!

Thursdays, 3/11/10 (Class #546708.M1) or 3/25/10 (Class #546708.M2) - 6-9pm
\$50 Res. / \$55 Non Res.



Foods from the Mediterranean are strongly associated with a decreased risk of heart disease, diabetes, certain cancers and even overall risk of death when compared with other diets. This cooking class highlights dishes from Italy, France, Greece, and Spain. You will learn simple, tasty, dishes that will have your guests raving how eating healthy is so delicious. In each 1-day class, you will learn how to prepare a variety of entrées and side dishes using beef, chicken, seafood, and vegetables and a dessert. Take one or both classes. You will learn how to prepare different dishes in each class. A non-refundable material fee of \$15 is payable to the instructor in class. For safety, closed toe shoes required.

Tapas, HorsD'Oeuvres, Amuse Bouche!

Tuesdays, 3/30/10 (Class #546709.A1) or 4/06/10 (Class #546709.A2) - 6-9pm
\$50 Res. / \$55 Non Res.

It's Party Time. This class teaches you the art of the appetizer. These elegant nibbles are as easy as they are impressive -- we'll share do-ahead tips to help you whip up these snacks long before your guests arrive so you too can enjoy the party. Appetizers will include hot and cold and plated and passed with an attention to presentation. In each 1-day class, you will learn how to prepare a variety of dishes using beef, chicken, seafood, and vegetables plus a dessert for your sweet tooth. Take one or both classes. You will learn how to prepare different dishes in each class. A non-refundable material fee of \$15 is payable to the instructor in class. For safety, closed toe shoes required.



Class Instructor: Chef Cecilia Garza

To register, call 408-730-7360. Must be 18 years old to participate.

Classes will be held at the Orchard Pavilion Kitchen,
Sunnyvale Senior Center,
550 East Remington Drive, Sunnyvale CA 94087.

